



Calaveras Health and Human Services Agency

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509 East St. Charles Street
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News Release FOR IMMEDIATE RELEASE

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To: News Media

From: Liza M Ortiz, MD, MPH
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Calaveras County Health Officer

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RE: Influenza

During the last several weeks there has been an increase in clinic visits and hospitalizations for influenza throughout California. Influenza activity is at higher than expected levels in California, and elevated activity is being reported from all regions of the state including Tuolumne and Calaveras Counties. Although Mariposa County has not experienced an increase in laboratory confirmed influenza, there has been an increase in persons with influenza-like symptoms, such as cough, fever, and sore throat.

It is not too late to benefit from vaccination. Influenza can be a severe disease every year, and Tuolumne County Public Health, Calaveras County Public Health, and the Mariposa County Health Department urge everyone 6 months of age and older to be vaccinated every year.

Influenza vaccinations are available at many doctor's offices and pharmacies. Tuolumne County Public Health has influenza vaccine available on Tuesdays from 1- 4 pm at 20111 Cedar Road North, Sonora. Calaveras County Public Health has influenza vaccine available on Mondays 3-5:50 pm and Thursdays 8 am -12 pm at 700 Mountain Ranch Road, #C-2, San Andreas. Mariposa County Health Department has influenza vaccine available on a walk-in basis 8 am -5 pm Monday through Friday at 5085 Bullion Street, Mariposa.

Along with getting immunized, other commonsense precautionary measures can be taken, including:

- ✓ Stay home when you're sick.
- ✓ Cover your cough and sneezes with a tissue.
- ✓ Wash your hands often and thoroughly with soap and warm water or an alcohol-based sanitizer.
- ✓ Avoid touching your eyes, nose and mouth.

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